

DIY Sensory Bin

This inexpensive DIY allows for parent and child engagement. It also helps to reduce stress for both parent and child.

This DIY helps children to integrate their senses which allows for calming to the child. It also helps children create their own pace of play.

This DIY gives the stressed-out parent a tool to use to help calm down their child. (or themselves). It's super budget friendly so the parent does not have to worry about cost or if the child puts the object in mouth as it is edible!

Helpful Tips:

Please be mindful if your child has any allergies to pasta/gluten. You can substitute appropriately if need be.

Items Needed:

- *Clear storage bin with lid (any size)*
- *dry pasta*
- *dry rice*
- *dry beans*
- *(any other food items of your choice)*

Directions:

- ***Step 1:*** *Place items in storage container and set up in area of play*
- ***Step 2:*** *Let child explore*
- ***Step 3:*** *When child is finished, secure lid for future play*